

North Dakota State University

Safety Newsletter

Window Safety Week

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The National Safety Council (NSC) and the Window Safety Task Force established Window Safety Week in 1997 to heighten awareness of the actions homeowners can take to establish window safety and fall prevention as a year-round safety priority.

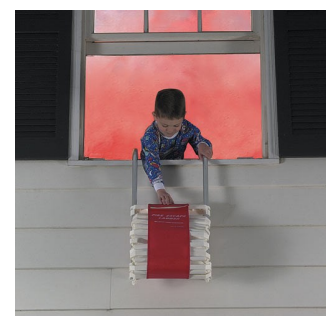
Window Safety Week, the first full week in April, coincides with the arrival of spring, when people naturally want to open the windows and let in fresh air. This year Window Safety Week is April 5-11, 2021. The goal of this observance is two-fold: for families to understand the role of windows in escaping a fire or other emergency and to learn how to safeguard against window falls.

The Window Safety Task Force offers the following suggestions to help keep you and your families safe:

- Teach children to play in an area or areas away from windows.
- Teach caregivers and children that screens keep bugs out, but they do not

keep children in.

- For any windows that are 6 feet or higher from the ground, install window stops or guards that meet ASTM standards – limiting windows to opening less than 4 inches.
- Keep windows closed and locked when not in use.
- Keep furniture or anything a child can climb away from windows.
- Always supervise children and ask about window safety when your child visits other homes.
- For a double-hung window on an upper floor, install a window guard or stop that keeps children from pushing the bottom window open.
- Lessen the potential impact of injury from a fall through strategic landscaping – use of wood chips, grass or shrubs beneath windows.
- For elevated windows, consider a ladder for emergency egress.
- Make sure at least one window in each bedroom meets escape requirements, and incorporate windows into your home fire escape plan.
- Make sure windows are not nailed or painted shut.
- Make certain that window stops, guards, security bars, grilles and grates have a release mechanism.
- Do not install window unit air conditioners in windows that may be needed for escape.



Ladder Safety

According to the Centers for Disease Control (CDC) in the United States, more than 500,000 people per year are treated- and more than 300 people die- from ladder related injuries. The estimated annual cost of ladder injuries in the US is \$24 billion, including work loss, medical, legal, liability, and pain and suffering expenses. This presents a need to bring attention to the serious nature of this problem and employ means to reduce resulting injuries and avoid death.

The American Ladder institute offers the following basic rules which apply to the safe use of a ladder.

- If you feel tired or dizzy, or are prone to losing your balance, stay off the ladder.
- Do not use ladders in high winds or storms.
- Wear clean slip-resistant shoes. Shoes with leather soles are not appropriate for ladder use since they are not considered sufficiently slip resistant.
- Before using a ladder, inspect it to confirm it is in good working condition. Ladders with loose or missing parts must be rejected. Rickety ladders that sway or lean to the side must be rejected.
- The ladder you select must be the right size for

the job. The Duty Rating of the ladder must be greater than the total weight of the climber, tools, supplies, and other objects placed upon the ladder. The length of the ladder must be sufficient so that the climber does not have to stand on the top rung or step.

- When the ladder is set-up for use, it must be placed on firm level ground and without any type of slippery condition present at either the base or top support points.
- Only one person at a time is permitted on a ladder unless the ladder is specifically designed for more than one climber (such as a Trestle Ladder).
- Ladders must not be placed in front of closed doors that can open toward the ladder. The door must be blocked open, locked, or guarded.
- Read the safety information labels on the ladder. The on-product safety information is specific to the particular type of ladder on which it appears. The climber is not considered qualified or adequately trained to use the ladder until familiar with this information.

Factors contributing to falls from ladders include haste, sudden movement, lack of attention, the condition of the ladder (worn or damaged),

the user's age or physical condition, or both, and the user's footwear.

When climbing a ladder, it is safest to utilize Three Points-of-Contact because it minimizes the chances of slipping and falling from the ladder. At all times during ascent, descent, and working, the climber must face the ladder and have two hands and one foot, or two feet and one hand in contact with the ladder steps, rungs and/or side rails. In this way, the climber is not likely to become unstable in the event one limb slips during the climb. It is important to note that the climber must not carry any objects in either hand that can interfere with a firm grip on the ladder. Otherwise, Three Points-of-Contact with the ladder cannot be adequately maintained and the chance of falling is increased in the event a hand or foot slip occurs.

For more information please consider visiting the following websites:

<https://www.cdc.gov/niosh/topics/falls/mobileapp.html>

<https://www.osha.gov/publications/bytopic/ladder-safety>



Distracted Driving: State Fleet

It is the policy of NDSU and along with our participation in the North Dakota State Risk Management Program to prohibit employees from using hand-held cell phones while operating a vehicle on state business. This includes, but is not limited to, answering or making phone calls, engaging in phone conversations, and read-

ing or responding to emails or instant messaging. This does not apply if a wireless communications device is used in an authorized emergency vehicle while in performance of official duties, or obtaining emergency assistance to report a traffic accident, medical emergency, serious traffic hazard, to

prevent a crime, or in the reasonable belief that an individual's life or safety is in immediate danger.



Upcoming Baseline & Supervisor Safety Training

All NDSU staff, faculty and student employees including any part-time, temporary or seasonal positions are required to complete Baseline Safety training annually. Supervisors are required to complete both the Supervisor Safety training and Baseline Safety training each fiscal year. Both courses are delivered by way of online and in-person trainings. During spring semester 2021, the in-person trainings will be delivered on Zoom.

Following are the dates and times of the upcoming Baseline Safety and Supervisor Safety trainings being delivered on Zoom.

Please consider joining the Safety Office online and enroll in advance by selecting your training option. Once enrolled, training documents and Zoom details will be provided by email prior to the training.

Baseline Safety

Thursday, April 22, 2021

10:00 – 11:00 am

Supervisor Safety

Friday, April 23, 2021

10:00 – 11:00 am



NDSU

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